

原发性眼内淋巴瘤的诊疗进展

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【摘要】原发性眼内淋巴瘤(Primary intraocular lymphoma, PIOL)是一种非霍奇金淋巴瘤, 被归类为原发性中枢神经系统淋巴瘤(primary central nervous system lymphoma, PCNSL)的特殊亚型。目前 PIOL 的诊断仍面临一定挑战, 因为它具有伪装性(伪装成葡萄膜炎、白塞病等多种疾病), 组织细胞病理活检仍是其诊断的金标准, 而基因检测、细胞因子检测、流式细胞分析等多方式联合检测可提高 PIOL 的确诊率。目前 PIOL 尚无统一治疗方案, 局部放疗、玻璃体腔化疗和大剂量全身化疗是控制该病的有效手段, 但预后较差, 易局部复发和继发中枢神经系统扩散, 故早期诊断和治疗对 PIOL 的预后非常重要。

【关键词】原发性眼内淋巴瘤; 诊断; 治疗

Current Status of the Diagnosis and Treatment of Primary Intraocular Lymphoma

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【Abstract】Primary intraocular lymphoma (PIOL), a type of non-hodgkin lymphoma, is classified as a special subtype of primary central nervous system lymphoma (PCNSL). At present, the diagnosis of PIOL still faces some challenges because it can masquerade as uveitis, behcet disease, et al and histopathologic biopsy remains the standard approach to diagnose PIOL. Gene detection, flow cytometry analysis, determination of cytokine levels and so on can increase the diagnostic accuracy of PIOL. For now, there are no standard therapies for PIOL, although local radiotherapy, intravitreal chemotherapy and high-dose systemic chemotherapy are effective to control it. However, the prognosis of PIOL is poor for it

is prone to local recurrence and develop into PCNSL . Therefore, early diagnosis and treatment are very important for the prognosis of PIOL .

【Key words】primary intraocular lymphoma; diagnosis; treatment

眼内淋巴瘤(Intraocular lymphoma, IOL)是一种罕见的淋巴细胞恶性肿瘤,主要有两种不同的类型^[1]:①继发性眼内淋巴瘤,是指起源于CNS之外,主要通过血行转移,引起视网膜、葡萄膜等眼内组织受累的一种眼内淋巴瘤^[2-3];②原发性眼内淋巴瘤(PIOL),是指原发于眼组织的淋巴细胞恶性肿瘤,属于PCNSL的特殊亚型,较罕见,主要是弥漫性大B细胞淋巴瘤^[1],也有少数是T细胞或自然杀伤细胞来源的^[3-5],又可分为原发性玻璃体视网膜淋巴瘤和原发性葡萄膜淋巴瘤两大类,后者极为罕见,可进一步细分为睫状体淋巴瘤、脉络膜淋巴瘤和虹膜淋巴瘤。由于PIOL具有伪装成葡萄膜炎和预后差的特点^[3, 6],使其诊断和治疗面临一定的困难,故临床上PIOL的诊断要进行系统而全面的检查,还需建立一个包括眼科医生、血液肿瘤医生在内的多学科联合会诊团队(Multiple disciplinary team, MDT),为患者量身定做一个合适的治疗方案。为对PIOL的诊疗提供一定帮助,本文对PIOL进行系统总结,并对其诊疗现状做个综述。

1 流行病学

由于PIOL发病率低,目前尚无其确切的流行病学资料^[7, 8]。PIOL多发生于中老年人,中位年龄为50岁~60岁^[9-11],也可罕见地发生在婴儿和青少年^[12-13]。性别差异方面,有学者认为PIOL在女性中更多见,男女比例约为1:2^[1, 14];但也有学者认为PIOL的发病无明显性别和种族差异^[8, 15],因此,有关PIOL确切的性别分布水平还需要进一步的大宗数据分析。近年来,PIOL的发病率逐渐增高,可能与PIOL的诊断方法和技术发展相关,此外,免疫缺陷和免疫抑制也是PIOL发病的高危因素^[8, 16],在日本转介眼科中心的眼部疾病患者中,PIOL每年的发病率大约为21/10万^[8, 17]。PIOL患者可仅有眼部病变,也可累及CNS,约1/3的PIOL患者同时伴有PCNSL病变,而且约65%~90%的PIOL患者最终发展成为PCNSL^[16, 18-20];而在PCNSL患者中,也大约有15%~25%同时伴有眼部受累^[8]。

2 发病机制

PIOL的病因未明,目前关于其发病机制有免疫赦免、淋巴瘤细胞迁移、基因突变等多种假设^[15],认为可能与遗传、免疫和微环境变化有关^[21]。此外,EB病毒、弓形虫等感染性抗原也可能导致PIOL的发病,感染性抗原激发的B淋巴细胞克隆性增殖,可能是重要的病因^[1]。关于PIOL的发病机制,目前尚缺乏明确的证据,未来还需要进一步的深入研究。

3 临床特征

PIOL可累及玻璃体、视网膜、视神经等^[3],临床表现随受累部位的不同而呈多变性,常伪装为复发或对激素抵抗的后葡萄膜炎或玻璃体炎。初期主要症状有视物清晰度降低,常合并眼前飞蚊感^[22],可伴视力减退,较少出现红眼、畏光及眼痛^[23],多为双眼受累,也可仅单眼受累^[22]。原发性玻璃体视网膜淋巴瘤是最常见的PIOL亚型,常累及玻璃体、视网膜和视神经,具有特征性的表现是玻璃体混浊,细胞呈团块状或多量片状^[1]。脉络膜淋巴瘤可出现视网膜下积液、眼球后叶扩张和脉络膜浸润性斑块,眼底镜检查发现脉络膜水平的乳脂状黄色斑块,可能是早期确诊原发性脉络膜淋巴瘤最有帮助的眼底特征,其他眼底特征有脉络膜褶皱、视神经盘肿胀、脉络膜血管浸润而模糊^[24]。原发性睫状体淋巴瘤常合并虹膜或脉络膜受累,有时可见角膜后沉淀物,虹膜不规则增厚伴新生血管,影像学

检查可发现睫状体肿大^[25]。原发性虹膜淋巴瘤可表现为前葡萄膜炎，虹膜出现结节状肿块^[26]，眼裂隙灯检查可发现肉芽肿性角化物、耀斑^[27]。

PIOL 累及视网膜时，视网膜下可出现能够增大、融合的黄白色病灶^[3, 28]，光学相干断层扫描 (Optic coherence tomography, OCT) 的可发现视网膜或视网膜色素上皮层 (Retinal pigment epithelium, RPE) 橙黄色浸润^[29, 30]，眼底自发荧光可早期发现 RPE 病变，呈点状低荧光或高荧光^[31-34]。部分患者眼底可出现视网膜血管炎、渗出性视网膜脱离，少数患者可出现急性视网膜坏死^[35]。后葡萄膜炎常见，而眼前节炎症反应较少见，可有角膜水肿、虹膜炎^[36]。PIOL 的非典型症状可有黄斑病变、周围视网膜病灶^[37]。由于早期 PIOL 容易伪装成葡萄膜炎、血管炎、白塞病、玻璃体炎等多种疾病^[7]，因此它又被称为“伪装综合征”，常因此耽误了诊疗，导致眼部病情出现恶化和多样性^[38]，预后较差。PIOL 也可出现中枢神经系统症状，如行为改变及认知功能障碍^[10]，与大脑额叶受累有关，有学者认为行为改变和认知功能障碍是 PIOL 最常见的眼外表现^[10]。累及小脑，则可出现共济失调。部分患者还可出现偏瘫、头疼及癫痫等症状^[7, 10, 22]。

4 诊断

由于 PIOL 具有伪装性，给诊断带来了很大困难，从出现症状到确诊往往需要 4~40 个月^[38, 39]，平均诊断时间为半年^[40]。为争取早期明确诊断，需要对 PIOL 进行全面而系统的病史收集及辅助检查，目前针对 PIOL 诊断的辅助技术有影像学检查、细胞学检查、流式细胞分析、免疫组织化学、基因检测和细胞因子检测等，其中细胞学检查是诊断 PIOL 的金标准^[3]，首选诊断性玻璃体切除术或玻璃体穿刺活检^[41, 42]，通常采用多种方式联合运用以明确诊断。临床上，对拟诊 PIOL 的患者可先行头颅磁共振成像和脑脊液检查排除中枢神经系统病变^[19, 28, 43]，对于阴性结果，仍高度怀疑 PIOL 者，应行诊断性玻璃体切除术^[7, 15, 43]，对确诊为 PIOL 者，还应对淋巴瘤细胞的来源进行分型。

4.1 影像学检查

4.1.1 超声和 MRI

眼部 B 超检查常可发现视网膜剥离、玻璃体破碎、视神经增宽、脉络膜损伤等 PIOL 的非特异性改变^[18]。B 超检查若发现脉络膜中空增厚回声及局灶性中空眼球后叶扩张区，两种特征结合高度提示脉络膜淋巴瘤。原发性睫状体淋巴瘤 B 超检查可见睫状体浸润，伴内部反射率低的强回声^[44]。应用超声生物显微镜检查原发性虹膜淋巴瘤，可显示虹膜增厚和实性组织^[27]。PIOL 若累及中枢神经系统，对比增强磁共振成像是观察 CNS 受累的最好成像方式，T2 加权成像显示病灶呈等强度至低信号^[45, 46]。由于在 PIOL 发病过程中，约 65%~90% 患者最终发展成为 PCNSL，且各个阶段均可累及 CNS，所以治疗过程中应及时更新 MRI 检查，以评估病情^[7]。

4.1.2 光学相干断层扫描 (OCT)

OCT 显示 PIOL 患者的视网膜色素上皮层 (RPE) 呈结节性高反射信号，约 50% 的患者可发现椭圆形异常^[33, 47-50]。现已经证实，视网膜下或 RPE 的结节性高反射信号为淋巴瘤细胞沉积所致^[19, 51, 52]。此外，OCT 还可用于早期发现黄斑病变和随访治疗^[18, 47]。

4.1.3 荧光素血管造影 (Fluorescein angiography, FA)

PIOL 患者在行荧光素血管造影时，可见点状高荧光窗缺损或圆形低荧光病变，而血管炎和囊状黄斑水肿相对少见^[34, 53]。合并脉络膜渗漏时，可在 FA 早期和晚期出现低荧光缺损，表明存在脉络膜荧光遮蔽^[33]，而视网膜色素上皮层 (RPE)

的异常一般表现为荧光遮蔽、颗粒状改变和晚期着染^[34]，据此可评估 RPE 萎缩程度。另外，吲哚菁绿血管造影（Indocyanine green angiography, ICG）检查表现为造影早期的低荧光病灶，在晚期消退。FA 和 ICG 结果的阳性预测值约 89%，阴性预测值约 85%^[33]。对于原发性虹膜淋巴瘤，荧光素或吲哚菁绿血管造影后，激光扫描检眼镜下显示虹膜血管扩张、血细胞渗出^[27]。

4.1.4 眼底自发荧光

PIOL 患者行眼底自发荧光检查，可早期发现 RPE 异常。RPE 下为与肿瘤活性一致的点状明亮高荧光，而 RPE 上表现为低荧光^[31, 54]。

4.2 细胞学和组织病理学检查

细胞学和组织病理学检查是诊断 PIOL 的金标准，所选取标本可以有玻璃体、房水、脑脊液、脉络膜等^[1, 3, 55-57]。细胞学检查可发现特征性淋巴瘤细胞：体积增大，核质比增加，嗜碱性胞浆减少，细胞核大且不规则，单个或多个核仁^[40, 55, 58-60]。临床上，PIOL 患者的细胞学检查首先推荐诊断性玻璃体切除术或玻璃体穿刺术^[3, 28, 42, 43, 61]，部分性玻璃体切除术既可扩大样本量，还可以清除玻璃体碎片，改善患者视力^[40, 56, 57, 59, 62, 63]。玻璃体穿刺术通常采用 20~25G 细针进行穿刺，安全、快捷，能有效鉴别葡萄膜的良性和恶性病变^[18]。值得注意的是，糖皮质激素治疗可导致淋巴瘤细胞坏死，使标本中瘤细胞缺乏，从而影响诊断^[64]，因此为提高诊断准确率，玻璃体切除术前 2 周应停用糖皮质激素治疗^[7, 15, 18]。此外，玻璃体标本中常有多量反应性 T 淋巴细胞、纤维蛋白和坏死细胞碎片等干扰诊断^[3, 42, 59]，可反复多次行玻璃体标本检查，若多次玻璃体标本检查阴性，可进一步行视网膜、脉络膜或视网膜下活检^[3, 40, 42, 61, 65]。对于原发性脉络膜淋巴瘤，可以选择前小叶穿刺活检或脉络膜穿刺活检，睫状体淋巴瘤可经巩膜切开行睫状体活检。与原发性玻璃体视网膜淋巴瘤略有不同的是，葡萄膜淋巴瘤最常见的组织病理学类型往往是结外边缘区 B 细胞淋巴瘤^[24, 40]。

4.3 免疫细胞化学和流式细胞分析

免疫细胞化学和流式细胞分析不仅可对淋巴瘤细胞的来源进行分类，还可提高 PIOL 的诊断率。据报道，联合应用免疫细胞化学检测，比单独使用细胞学检查，其诊断率可提高约 40%^[66]。大部分 PIOL 是 B 细胞来源的（主要是弥漫性大 B 细胞）^[1]，免疫细胞化学染色可发现 K 链或 γ 链限制性表达，CD19、CD20、CD22、PAX5、CD79a 等 B 细胞标志物，其中 $K/\gamma \geq 3$ 或 ≤ 0.06 是高度敏感的 B 淋巴瘤指标^[64, 67]。少数 PIOL 为 T 淋巴细胞来源，可见 T 细胞标志物如 CD3、CD4、CD8、CD30 阳性。流式细胞分析的工作原理类似免疫细胞化学，都是针对淋巴瘤细胞中的单克隆群体，目前有多色流式细胞分析用于淋巴瘤细胞免疫表型分析的报道，诊断特异性达 100%，敏感性达 82%^[68]。需要注意的是，反应性 T 淋巴细胞、标本保存不良均可影响这两种技术的诊断率^[18, 69]。

4.4 基因检测

基因检测也可以对淋巴瘤细胞的来源进行分类。利用 PCR 技术对 PIOL 患者进行基因重排检测，在 B 细胞来源的淋巴瘤中可见特征性的免疫球蛋白重链（Immunoglobulin heavy chain, IgH）基因重排，而 T 细胞淋巴瘤中可检测到 TCR 基因重排^[22, 70]。此外，检测原癌基因 bcl-2 易位也有助于诊断 PIOL^[71, 72]。近年来，随着基因检测技术的发展和研究的深入，关于 MYD88 基因突变的检测逐渐用于 PIOL 的诊断，它在保持特异性的前提下，可使玻璃体标本的阴性预测值提高约 10%，敏感性提高约 30%。在 MYD88 基因突变的 PIOL 中，L265P 突变最常见，检测 MYD88^{L265P} 有助于及时开始治疗突变病例，还可用于监测治疗效果，可能有助

于改善患者预后^[73, 74]。此外,有学者对 PIOL 患者和葡萄膜炎患者的玻璃体标本行 miRNAs 测序,发现后者玻璃体中 miRNA-155 含量明显高于前者,有利于 PIOL 和葡萄膜炎的鉴别^[75]。

4.5 细胞因子检测

房水、玻璃体和脑脊液细胞因子检测提示 PIOL 中多种细胞因子水平上升。IL-10 和 IL-6 是经常检测的两种细胞因子, B 淋巴瘤细胞可分泌多量 IL-10, 而炎细胞可产生 IL-6 或 IL-12^[76, 77]。在稀释的房水或玻璃体标本中 IL-10 浓度 >50 pg/mL, 可诊断为 B 细胞来源的 PIOL^[78], 将房水中 IL-10 >50 pg/mL 作为诊断标准, 特异性达 93%, 敏感性达 89%, 可作为筛选试验^[79]。而 Wolf 等人的研究表示, 玻璃体标本行细胞因子检测, 以 IL-10/IL-6 >1 为诊断标准, 准确率达 74.7%, 特异性达 75%, 敏感性达 74%^[80]。

5. 治疗

PIOL 是一种罕见的淋巴细胞恶性肿瘤, 发病机制未明, 容易复发和继发 CNS 受累, 目前尚无最佳和标准的治疗方案^[1, 3, 6], 主要治疗方法包括玻璃体腔化疗、眼部放疗等局部治疗和全身大剂量化疗^[19]。虽然 PIOL 具有较高的放、化疗敏感性, 但获得的缓解往往是短期的^[45], 总体生存率低^[28], 总体生存期为 12~35 个月^[81], 有效控制该病的远期复发及 CNS 扩散仍然面临很大挑战, 治疗方式应根据患者临床表现、疾病轻重、CNS 是否受累来个体化制定。

5.1 放射治疗

PIOL 对放疗具有较高的敏感性, 经放疗后, 局部缓解率较高。目前多采用眼眶局部放射治疗, 考虑到 PIOL 多为双侧受累, 即使以单侧起病者, 最终也会发展为双侧受累, 故一般采用全眼眶照射, 总剂量为 30~50 Gy, 平均为 40 Gy, 分 15~25 次进行, 每次 1.5~2 Gy^[14, 18, 45, 67, 82-84]。多数患者在放疗后能有效控制眼部原发病变, 获得短期缓解, 但不能有效阻止 CNS 转移, 多数患者最终死于 CNS 病变^[14, 83, 85], 故单纯放疗已不作为 PIOL 的一线治疗方案。当合并 CNS 受累时, 可选择眼部放射治疗 (10 Gy) 联合全脑放射治疗 (50 Gy)。眼部放射治疗的局部不良反应主要有干眼症、玻璃体出血、放射性视网膜病变、青光眼等^[14, 82-84, 86]; 而全脑放射治疗可出现共济失调、认知障碍等神经毒性副作用^[67, 82]。临床治疗应根据患者病情及耐受程度, 选择合理的放疗方式及剂量。

5.2 化学治疗

与放疗相比, 化疗的并发症较轻, 而且对预防瘤细胞的 CNS 转移有一定作用^[87], 主要包括局部化疗 (如玻璃体腔内注射甲氨蝶呤) 和全身化疗 (如静脉注射大剂量甲氨蝶呤)。由于血-眼屏障能限制全身化疗药物向眼内的渗透, 使得全身化疗的疗效降低, 故近年来局部化疗因眼内药物浓度高而副作用小, 受到广泛重视。

二氢叶酸还原酶抑制剂甲氨蝶呤 (MTX), 通过抑制 THFA (Tetrahydrofolic acid) 生成, 影响瘤细胞的 DNA 生物合成, 有效控制瘤细胞生长和繁殖, 对 NHL (Non-hodgkin lymphoma) 的疗效较好。MTX 在治疗 PIOL 时, 能通过血-眼屏障而达到有效治疗浓度, 可玻璃体腔内注射 MTX, 也可用于全身化疗 (静脉注射大剂量 MTX), 还可与其他药物 (如利妥昔单抗、阿糖胞苷等)^[88]及放疗联合应用, 是治疗 PIOL 的一线化疗用药。全身化疗要求高剂量的 MTX, 且缓解率随着剂量的增大而提高, 若联合玻璃体腔内 MTX 化疗, 可有效治疗 PIOL^[89, 90], 缓解率可提高 22%~28%^[85], 但是大剂量的 MTX 也会引起角膜炎等眼部副作用和骨髓抑制等全身副作用, 严重者可致命。玻璃体腔内注射 MTX 相对安全, 比全身化疗的副

作用小,药物有效治疗浓度时间长^[91],是不伴 CNS 受累的 PIOL 患者目前首选的治疗方式。Frenkel 等用该方法治疗 26 例(44 眼受累)眼内淋巴瘤患者,结果表明玻璃体腔内注射 MTX 6.4 次后可临床缓解,95%的患眼接受少于 13 次注射后,淋巴瘤细胞即可消退^[92]。玻璃体腔内注射 MTX 的并发症主要有白内障、无菌性眼内炎、黄斑病变等^[93, 94],多由于反复眼内注射药物所致。

阿糖胞苷也可透过血-眼屏障,抑制肿瘤细胞增殖。但由于阿糖胞苷对造血系统及小脑影响较大,使其疗效受限,一般需与 MTX 或者放疗联合应用,以减少其用量。

5.3 免疫治疗

利妥昔单抗是一种嵌合鼠/人的单克隆抗体,可与瘤细胞上表达的 CD20 结合,通过补体或抗体依赖性细胞毒作用使瘤细胞凋亡^[95],可以玻璃体腔内注射或全身使用治疗 PIOL。玻璃体腔内注射利妥昔单抗时,一般每周 1 次,每次注射剂量 1mg:0.1ml^[96];有学者在动物实验中发现眼内注射 1mg 的利妥昔单抗,其有效半衰期达 4.7 天,药物有效浓度可持续 34 周^[97]。对 MTX 耐药的 PIOL 患者,可选择利妥昔单抗作为替代治疗方案^[19, 96]。利妥昔单抗的副作用主要是虹膜睫状体炎、过敏、眼压一过性升高等^[98]。目前关于利妥昔单抗用于治疗 PIOL 的疗程、用药时间窗等尚未达成共识,故其不作为 PIOL 的一线用药,主要用于复发 PIOL 或继发 CNS 受累的患者^[99]。此外,来那度胺(亚胺类药物)是一种有效的抗增殖和免疫调节剂,具有较好的抗淋巴瘤活性^[100],而且能增加利妥昔单抗的抗肿瘤活性^[101]。法国眼脑淋巴瘤(LOC)网络和淋巴瘤研究协会(LYSA)一项关于来那度胺联合静脉注射利妥昔单抗(R²方案)治疗复发/难治性 PCNSL 或 PIOL 的前瞻性 II 期研究中,Ghesquieres 等人针对 50 例已接受过大剂量 MTX 治疗的复发/难治性 PCNSL 或 PIOL 患者(可评估病例数为 45 例,其中 PCNSL 34 例,PIOL 11 例),采用 8 个周期的 R²方案进行诱导治疗,继以单独应用 12 个周期的来那度胺进行维持治疗。在可评估病例中,诱导结束时的总体反应率(ORR)为 35.6%;而在意向性治疗分析中,诱导结束时的 ORR 为 32%,其中包括 13 例 CR/uCR 和 3 例 PR。中位随访期为 19.2 个月,中位无进展生存期(PFS)为 7.8 个月,总生存期(OS)17.7 个月。该研究结果显示 R²方案在复发/难治性 PCNSL 或 PIOL 患者中表现出明显的治疗效果,支持 R²联合 MTX 作为 PCNSL 一线治疗^[102]。

近年来,研究发现 B 细胞受体信号通路中的重要效应分子 BTK,在 B 细胞淋巴瘤的发生中起重要作用^[103, 104],可为 B 淋巴瘤细胞瘤的治疗靶点^[105]。选择性 BTK 抑制剂伊布替尼有望用于 PIOL 的治疗^[74, 106, 107]。此外,免疫毒素 BL22 可与表达 CD22 的 B 淋巴瘤细胞表面相结合,诱导细胞毒作用引起细胞死亡,关于其在 PIOL 治疗中的作用还在研究中。

5.4 自体造血干细胞移植(Autologous stem cell transplantation, ASCT)

ASCT 可用于治疗难治或复发的 PIOL 及 PCNSL,在大剂量化疗后行 ASCT,能巩固化疗效果^[108-110],但考虑到大剂量化疗+ASCT 治疗后仍有复发可能、移植时机选择、化疗副作用等问题,目前对于是否把大剂量化疗+ASCT 作为 PIOL 患者的一线治疗方案仍有待进一步商榷。

合理的 PIOL 治疗方案应根据患者临床表现、疾病轻重、CNS 是否受累来制定及调整。国际 PCNSL 协作组会议(IPCG)、美国国家综合癌症网络,推荐治疗建议如下:(1)无 CNS 或全身受累:(a)单眼受累,选择局部治疗,玻璃体腔注射 MTX 或利妥昔单抗,或 30~35 Gy 的 EBRT(External-beam radiotherapy)治疗。(b)双眼受累,优先考虑局部治疗,必要时玻璃体腔内药物治疗联合全身化疗。

(2)若 CNS 受累:(a)以大剂量 MTX 治疗为基础(可联合利妥昔单抗静脉治疗),

联合使用局部治疗。(b)对不适宜 ASCT 等积极治疗措施、体质虚弱或系统治疗失败的患者,应采用全脑及眼部放射治疗^[19, 28]。

6. 预后

PIOL 的预后较差,约 65%~90%的患者会发展成为 PCNSL^[16, 18-20],最终多死于中枢神经系统病变^[14, 83, 85],总体生存期为 12~35 个月^[81]。单纯眼部病变的 PIOL 患者预后较合并 CNS 受累的患者要好,5 年生存率高于后者^[89, 111, 112]。目前关于预测 PIOL 患者预后的病理生物标记的资料较少,对于单纯 PIOL 的患者还没有确切的临床预后指标。但当 PIOL 患者合并 PCNSL 时,年龄>60 岁、乳酸脱氢酶(LDH)升高、PS (Performance status) > 1、脑肿瘤的位置及脑脊液蛋白升高可作为预测临床预后的不良风险因素,出现 0~1、2~3 或 4~5 个不良因素的患者,其 2 年生存率分别为 80%、48%或 15%^[113]。

综上所述,PIOL 是一种预后较差的罕见疾病,其诊断的困难性要求多样性的诊断技术,以提高诊断的准确性,目前针对 PIOL 的标准化治疗方式还没有达成共识。其诊断和治疗的挑战性,不仅要求对 PIOL 的诊断要进行系统而全面的检查,还需建立一个包括眼科医生、血液肿瘤医生在内的多学科联合会诊团队(multiple disciplinary team, MDT),根据患者的临床表现、CNS 是否受累、病情轻重为患者提供个体化的治疗方案。

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